



Get Fit New Jersey!

from the New Jersey Council on
Physical Fitness and Sports

Edited by Matt Brzycki, B.S.



NJCPFS
Council on Physical
Fitness and Sports



Meet the New Jersey Council on Physical Fitness and Sports

The New Jersey Council on Physical Fitness and Sports (NJCPFS) was created by legislation in 1999 to address the growing needs of health, fitness and sports in the state. The Council is made up of 16 members including the Commissioner of Health and Senior Services, or his designee. 15 public members from organizations with subject matter expertise are appointed including one member each from the New Jersey Association for Health, Physical Education, Recreation and Dance (NJAPERD), the Medical Society of New Jersey (MSNJ), New Jersey Recreation and Park Association (NJRPA) and the New Jersey Interscholastic Athletic Association (NJSIAA). The Council has also invited resource members with other areas of expertise to participate. The vision of the Council since its inception is to have New Jersey recognized as the “Wellness State.” To this end, the Council has created a Leaders’ Academy for Health Community Development.



Recent statistics from the Centers for Disease Control and Prevention (CDC) show that poor diet and inactive lifestyles are a leading cause of death in the United States. The Surgeon General’s Report on Physical Activity and Health concluded that moderate physical activity can substantially reduce the onset of heart disease, high blood pressure, certain types of cancer and strokes and



continues to be one of the major factors in combating obesity. Based on national and local data related to poor diet and physical inactivity and accepted recommendations to improve these areas, the Council aims at increasing awareness to help inform and guide the public.

One of the Council's most powerful strengths is its ability to work with its other state and national health and fitness partners. The Council partners with the President's Council on Physical Fitness and Sports (PCPFS), National Association for Health and Fitness (NAHF), a coalition consisting of all state councils which sponsor National Employees Health and Fitness programs and the American Council on Fitness and Nutrition (ACFN). This network allows the Council to work with other professionals across the state and the nation in order to share programs and ideas and to participate in national conferences and workshops. The Council is fortunate to have a strong base on which to build programs.

Council Members 2005

Jerry Collincini	Tim Hosea, M.D.	Richard Levandowski, M.D.	John Maniglia
Kathryn Werheim	Sharon Roerty	Mary Jane Myslinski, Ed.D.	Ben Schaffer
Patricia Swartz	Jeff Marmelstein	Jim McConville	Matt Brzycki
Joanne Van Sant	Felicia Stoler, R.D.	Bob Baly	
Celeste Andriot Wood		Karin Mille, R.D. (Staff, Project Manager)	
Assistant Commissioner (Ex-Officio Member)			

Resource Members

Nancy Vitalone-Raccaro, Ph.D.	Gregg Heinzmann	Linda Morse, R.N.	Jim McCall, Ph.D.
Mary Ann Ellsworth, R.D.	Mary Ann Reiter, R.D.	Beverly Antunes	John Gallucci, Jr.
Susan Lachhenmayr			